

**Vermont Mental Health Performance Indicator Project**  
Agency of Human Services, Department of Health, Division of Mental Health  
108 Cherry Street, Burlington, Vermont 05401

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani and Joan Mongeon

DATE: December 16, 2005

RE: WIC Participants' Utilization of Community Mental Health Services

Access to mental health services by members of the general population and members of special populations with elevated risk of mental health problems is one of the three core concerns of the Vermont Mental Health Performance Indicator Project. This week's report addresses this issue by examining utilization rates of community mental health programs by women and children on the rolls of the Vermont Department of Health WIC (Women Infants and Children) program. This analysis was originally requested by Donna Bister, the VDH Community Public Health Programs Administrator.

WIC is a Special Supplemental Nutrition Program designed to improve health by informing families about good health practices and by providing nutritious foods to eligible Vermonters. Every year, thousands of women, infants and children receive health screenings, nutrition assessments and health education from the Vermont WIC program. WIC is designed to serve income-eligible pregnant or postpartum women, new moms who are breastfeeding, and children, up to age 5, who are nutritionally or medically at risk. In addition to providing healthy foods such as low fat milk, juice, cereal, peanut butter, eggs and cheese, WIC gives participants free health and nutrition advice and puts them in touch with other community resources.

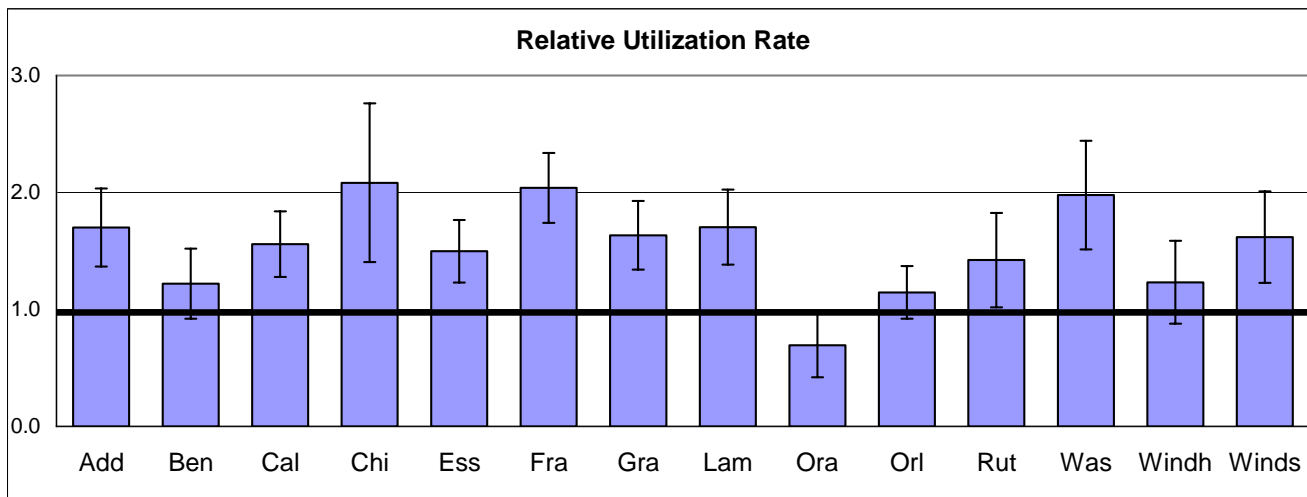
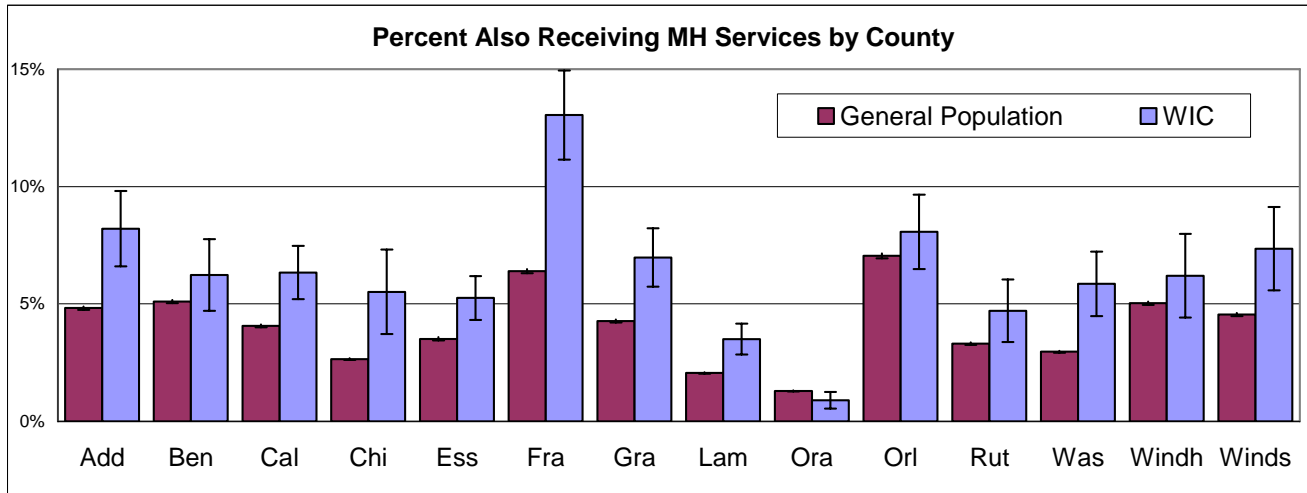
Anonymous extracts from two databases were used in this analysis. An extract from the WIC database provided the date of birth, gender, and county of resident for all individuals receiving WIC services between November 4, 2004 and November 4, 2005. An extract from the DMH MSR database provided the date of birth, gender, and county of residence of all individuals served by community mental health programs in Vermont during FY2005. Because these data sets do not share unique person identifiers, Probabilistic Population Estimation was used to determine the number of individuals served by both programs.

As you will see, there was substantial variation among Vermont counties in the rate at which WIC participants accessed community mental health programs. Franklin County had the highest utilization rate for both women and children enrolled in the WIC program (13% and 8%, respectively). Orange County had the lowest CMH utilization rate for WIC women (1%) and Orange and Lamoille Counties had the lowest utilization rate for WIC children (less than 1%).

There were also differences among age groups in utilization of community mental health services by women enrolled in the WIC program. Young WIC women (14 to 19 years of age) were the most likely to access community mental health services (18%), and women in the 40-50 age groups were the second highest (9%). WIC women in the 25-29 and 30-39 age groups had the lowest CMH utilization rates (5%).

We look forward to your interpretation of these findings and your suggestions for further analysis of these data. As always, you can reach us at [pip@vdh.state.vt.us](mailto:pip@vdh.state.vt.us) or 802.863.7249.

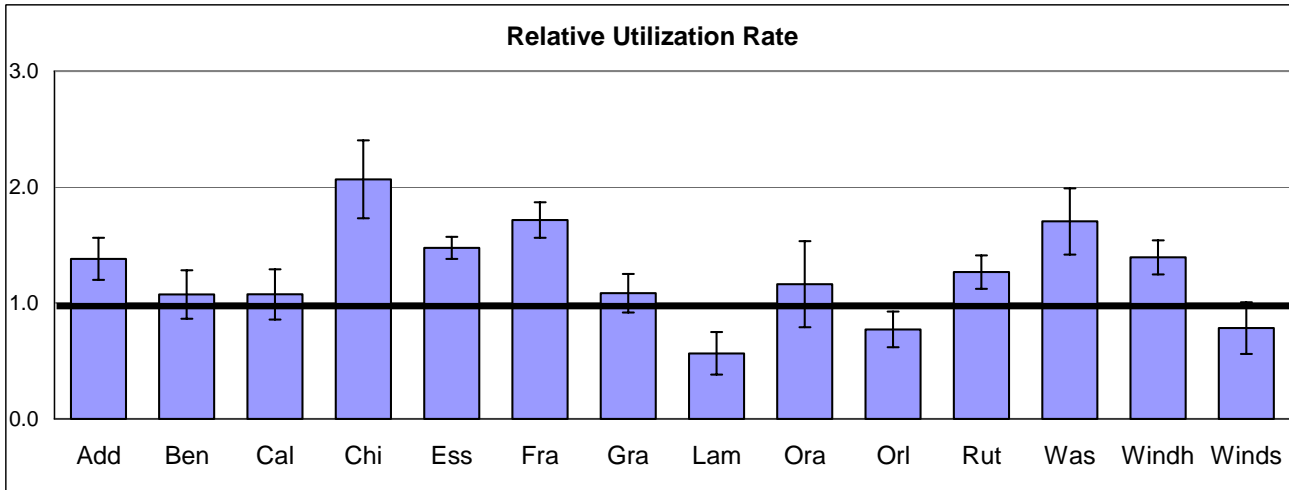
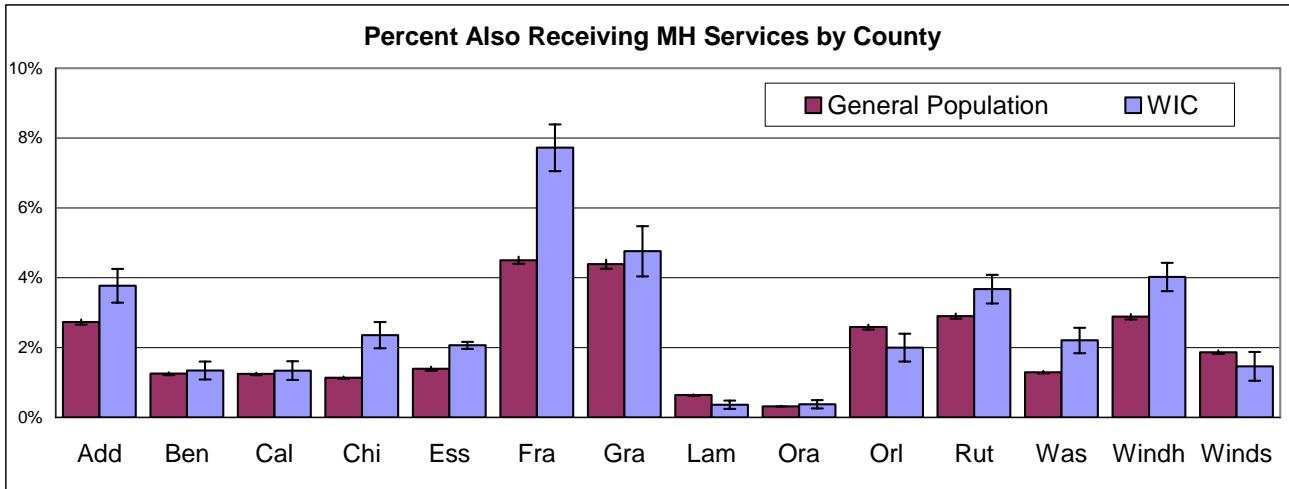
## Women (Aged 14-50) Receiving WIC Services Also Served by Mental Health Programs



	General Population			Women Served by WIC			Relative Utilization Rate
	Total #	On MH Caseload		On WIC Caseload		Also Served by MH	
		#	%	#	%	%	
Addison	10,037	484 ± 7	5% ± 0%	381 ± 6	31 ± 6	8% ± 2%	1.7 ± 0.3
Bennington	9,254	472 ± 6	5% ± 0%	470 ± 8	29 ± 7	6% ± 2%	1.2 ± 0.3
Caledonia	7,573	308 ± 4	4% ± 0%	468 ± 9	30 ± 5	6% ± 1%	1.6 ± 0.3
Chittenden	43,434	1,150 ± 17	3% ± 0%	1,209 ± 21	67 ± 22	6% ± 2%	2.1 ± 0.7
Essex	1,634	57 ± 1	4% ± 0%	76 ± 1	4 ± 1	5% ± 1%	1.5 ± 0.3
Franklin	12,521	801 ± 11	6% ± 0%	679 ± 12	89 ± 13	13% ± 2%	2.0 ± 0.3
Grand Isle	1,978	85 ± 1	4% ± 0%	85 ± 2	6 ± 1	7% ± 1%	1.6 ± 0.3
Lamoille	6,527	134 ± 2	2% ± 0%	344 ± 6	12 ± 2	4% ± 1%	1.7 ± 0.3
Orange	7,514	95 ± 2	1% ± 0%	314 ± 5	3 ± 1	1% ± 0%	0.7 ± 0.3
Orleans	6,603	465 ± 7	7% ± 0%	473 ± 8	38 ± 7	8% ± 2%	1.1 ± 0.2
Rutland	16,172	536 ± 8	3% ± 0%	792 ± 14	37 ± 11	5% ± 1%	1.4 ± 0.4
Washington	15,360	455 ± 6	3% ± 0%	536 ± 9	31 ± 7	6% ± 1%	2.0 ± 0.5
Windham	11,413	575 ± 8	5% ± 0%	514 ± 9	32 ± 9	6% ± 2%	1.2 ± 0.4
Windsor	14,144	643 ± 9	5% ± 0%	531 ± 9	39 ± 9	7% ± 2%	1.6 ± 0.4

Data provided by the Women, Infants and Children (WIC) program include everyone receiving WIC services during the 12 month period, Nov. 4, 2004 through Nov. 4, 2005. Data provided by community mental health providers for mental health recipients includes all served in FY2005. Because these data sets do not share unique person identifiers, Probabilistic Population Estimation was used to determine caseload size and overlap (with 95% confidence intervals). Relative utilization is derived by dividing the MH utilization rate by the general population utilization rate. A relative utilization that is not significantly different from 1.0 indicates there is no difference between the rates.

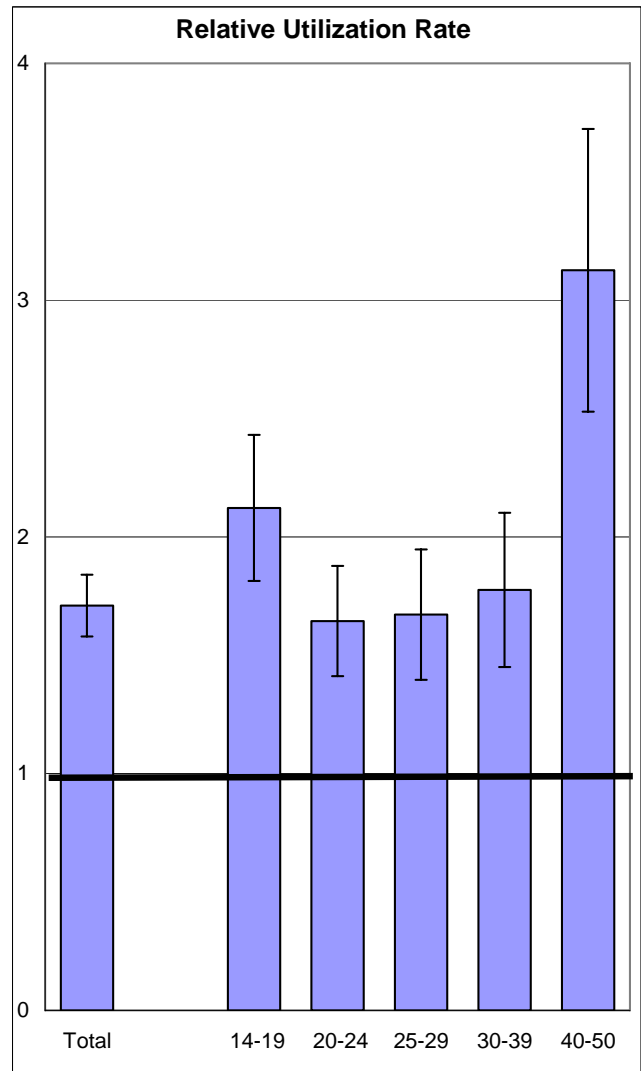
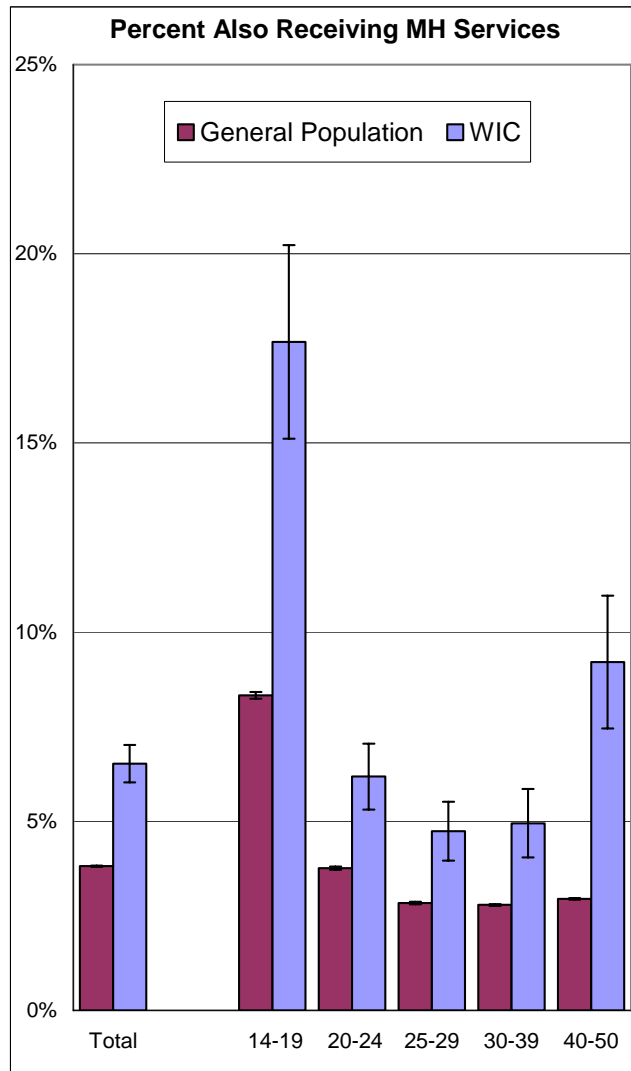
## Children (Aged 6 Years or Younger) Receiving WIC Services Also Served by Mental Health Programs



	General Population			Children Served by WIC			Relative Utilization Rate
	Total #	On MH Caseload		On WIC Caseload		Also Served by MH	
		#	%	#	%	%	
Addison	3,282	90 ± 3	3% ± 0%	916 ± 21	35 ± 4	4% ± 0%	1.4 ± 0.2
Bennington	3,146	39 ± 1	1% ± 0%	1,031 ± 24	14 ± 3	1% ± 0%	1.1 ± 0.2
Caledonia	2,587	32 ± 1	1% ± 0%	1,088 ± 25	15 ± 3	1% ± 0%	1.1 ± 0.2
Chittenden	13,839	158 ± 4	1% ± 0%	2,677 ± 68	63 ± 10	2% ± 0%	2.1 ± 0.3
Essex	574	8 ± 0	1% ± 0%	194 ± 5	4 ± 0	2% ± 0%	1.5 ± 0.1
Franklin	5,054	228 ± 5	5% ± 0%	1,635 ± 39	126 ± 11	8% ± 1%	1.7 ± 0.2
Grand Isle	619	27 ± 1	4% ± 0%	204 ± 5	10 ± 1	5% ± 1%	1.1 ± 0.2
Lamoille	2,187	14 ± 0	1% ± 0%	785 ± 18	3 ± 1	<1% ± 0%	0.6 ± 0.2
Orange	2,502	8 ± 0	<1% ± 0%	761 ± 17	3 ± 1	<1% ± 0%	1.2 ± 0.4
Orleans	2,424	63 ± 2	3% ± 0%	1,135 ± 26	23 ± 5	2% ± 0%	0.8 ± 0.2
Rutland	5,311	154 ± 4	3% ± 0%	1,909 ± 46	70 ± 8	4% ± 0%	1.3 ± 0.1
Washington	5,079	66 ± 2	1% ± 0%	1,261 ± 30	28 ± 5	2% ± 0%	1.7 ± 0.3
Windham	3,784	109 ± 3	3% ± 0%	1,157 ± 26	47 ± 5	4% ± 0%	1.4 ± 0.1
Windsor	4,637	87 ± 3	2% ± 0%	1,276 ± 30	19 ± 5	1% ± 0%	0.8 ± 0.2

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## Women (Aged 14-50) Receiving WIC Services Also Served by Mental Health Programs



	General Population			Women Served by WIC			
	Total #	On MH Caseload		On WIC Caseload		Also Served by MH	Relative Utilization Rate
		#	%	#	%	%	
Total	164,161	6,260 ± 29	4% ± 0%	6,869 ± 37	448 ± 34	7% ± 0%	1.7 ± 0.1
14-19	25,256	2,103 ± 22	8% ± 0%	595 ± 8	105 ± 15	18% ± 3%	2.1 ± 0.3
20-24	19,469	732 ± 9	4% ± 0%	2,379 ± 25	147 ± 21	6% ± 1%	1.6 ± 0.2
25-29	19,469	552 ± 6	3% ± 0%	2,046 ± 21	97 ± 16	5% ± 1%	1.7 ± 0.3
30-39	44,983	1,253 ± 10	3% ± 0%	1,681 ± 13	83 ± 15	5% ± 1%	1.8 ± 0.3
40-50	54,984	1,620 ± 12	3% ± 0%	168 ± 2	15 ± 3	9% ± 2%	3.1 ± 0.6

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